

## Artist Statement

### For the Professional Coordinator

My name is Tracey Ho. I am a free-spirited person. I learned how to paint when I was very young. My favourite thing to draw or paint is nature. Nature gives me free will, passion, and understanding of my psychological feelings. I am a person who just wants to let things go; I don't push my limits because art takes time and the right environment. I don't put myself under pressure. Most of the time, I take inspiration from plants and the sky. Remembering my past experiences inspires my art. Some animals are dangerous and harmful which is why plants and the sky inspire me more than animals. I want my audience to know what the world can describe to me about outdoor life. Sometimes I go to hiking trails that lead a path to see my view during the nice weather. I realized for myself I wanted to learn how outdoor life would be like as an artist because nature relates to me and that how I practice the ability to understand how nature works in life. Most of the time I go for a hike to bring out my self-esteem and to have a clear mind. For example, looking at different kinds of trees and types around Canada can exist or be difficult to find or rare that can be unseen before. That's why hiking gives me the ability to know what outdoor life would look like to let go of things. Whenever I'm alone I think it'd be like you're in a personal space outside of the trail. Realizing that taking space outside would be like nature is involved around you. I feel that nature can be about how the community outside the environment can lead us to why plants are important to make them grow.